HOW SCARJO DUPED US ALL

SHE'S BEEN MARRIED FOR TWO MONTHS. PAGE 14

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Mentally ill gun permit holders documented

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Please take your dirty laundry to school

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'You can't plan your life around showbiz'

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Going under the knife for a better looking selfie

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Ge-NO!

Exclusive. A Jets veteran tells Metro that the team always wanted Michael Vick over Geno Smith at quarterback, and that the players have already "packed it in" for 2014. PAGE 29

The drama never seems to end for the 2014 Jets, as the team, according to a veteran player, has already given up on this season. / GETTY IMAGES

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Top 3

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1 Backstage look at the models of the Victoria's Secret Fashion Show in London

2 YouTube Star Michelle Phan's interview with Metro: I'm your 'beauty bestie'

3 'The Hundred-Foot Journey' author: Home is good food and good company

On the go

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Mentally ill gun owners cataloged by NY agency

Guns. New York City area has 73 mentally ill people with weapons, a state survey shows.

Nearly 300 New Yorkers with mental health issues currently hold gun licenses, according to a report by the New York State Division of Criminal Justice Services.

Close to two years after Gov. Andrew Cuomo enacted the SAFE Act gun control law, mental health experts across the state have reported close to 40,000 patients who may pose a threat to themselves or others. By cross-referencing those records with gun license holders, the DCJS reported today that 278 gun license holders have mental health issues.

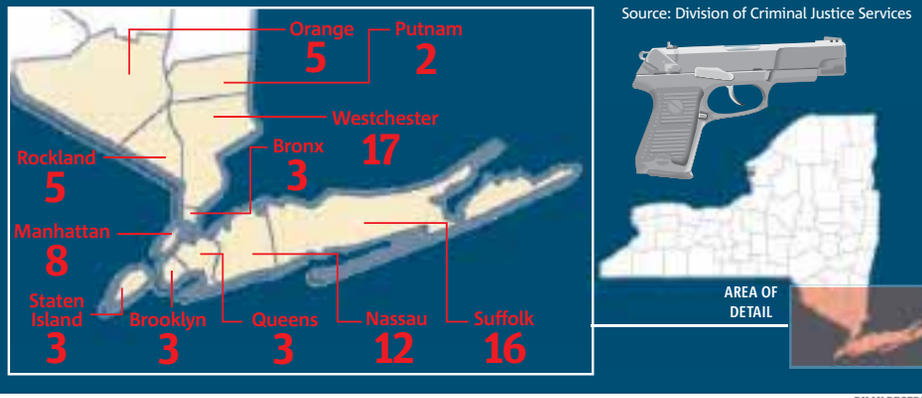
In New York City, the report said there were 23 mentally ill people licensed to own a gun. An additional 50 mentally ill gun permit holders live in suburban Nassau, Suffolk, Rockland and Westchester counties.

"It's not just people going out and shooting up a school — which is horrendous — but it's also people who are at risk for suicide," who should not have guns, said Leah Gunn Barrett, executive director of New Yorkers Against Gun Violence.

If a person is deemed dangerous by those officials, local law enforcement "can go in and take the guns," she said.

At-risk gun owners

Mental health professionals have submitted names to the state of patients at risk of harming themselves or others. The numbers show how many of those patients had gun licenses.



BILLY BECERRA/METRO

By the numbers

Data gleaned by the state since the Secure Ammunition and Firearms Enforcement Act took effect on March 16, 2013, three months after the Sandy Hook elementary school shooting in Newtown, Connecticut.

- Mentally unstable licensed gun owners in NY: 278
- Reported at-risk patients in New York: 38,718
- Number of "946" reports in New York City: 21,980
- Mental health reports that involved people with gun permits: less than 1%

Quoted

MILES DIXON /METRO

"It's not just people going out and shooting up a school ... but it's also people who are at risk for suicide, who should not have guns."

Barrett

For cops to take away a gun from someone who's mentally ill, a mental health professional must submit what's known as a "946 report" to the person's local county officials, warning that the person is a threat to themselves or others.

State police will investigate and determine if local gun licensing officials should be notified of the person's condition. Those officials, typically county judges, then have the option to suspend or revoke a gun permit.

"People overly focus on mental illness as a cause of gun violence and it isn't. Mentally ill people are far more likely to be victims than perpetrators of violence," said Barrett, who noted that there are far more gun-related suicides than homicides both in New York tate and across the nation.

"If you could just stop one or two individuals from shooting up a mall or movie theater or school or their community, or indeed stop one suicide, then the law is working," she said. "The whole intent is to keep guns out of the wrong hands."

The NYPD, which oversees gun licensing in New York City, asks all applicants for a gun permit if she or he has suffered from mental illness.

The National Rifle Association did not respond to a request for comment.

The state survey was first reported on Syracuse.com.

DAN BUYANOVSKY
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Brighton Beach murders

Man stabs sister, kills stepfather, self

A family dispute turned grisly Tuesday morning when a Brooklyn man attacked his father and sister before ending his own life, the NYPD said.

Police responding to a call at 1070 Ocean View Avenue in Brighton Beach at about 2:30 a.m. Tuesday, found 59-year-old Voclodymyr Yeushchenko dead, stabbed in the neck.

His son, 30-year-old Kostyantyn Proskurnyak, was lying on the sidewalk. He'd jumped from the building's roof. Proskurnyak was pronounced dead at Coney Island Hospital.

Proskurnyak's sister, whose identity was not disclosed, opened her bedroom door to find her brother "on top of her dad striking numerous times" before attempting to stop him.

Proskurnyak then "turned the knife on her and slashed her on her wrist, neck and one time in the back," police said.

DAN BUYANOVSKY

Crime. Women dead in shooting, stabbing

Dune Janelle Jacobs, 33, was killed by a gunshot to the head early Tuesday morning, just blocks from her home in the Williamsbridge section of the Bronx, the Daily News reported.

The paper said Jacobs was preparing to move to Brooklyn, and said police had no suspects.

In Queens, cops were questioning boxer Trevis Hall, 28, in the murder of Margarita Rivera, 31, who was stabbed with a knife and beaten with a pipe near her home in Jamaica, the News reported. METRO

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A good night's sleep

City to replace juvie mattresses

New York City Administration for Children's Services is spending $16,250 to replace 250 mattresses at the city's two secure detention centers for juveniles.

ACS Commissioner Gladys Carrion, speaking at a juvenile justice oversight hearing on Tuesday, said she decided the mattresses needed to be replaced after trying one out at Horizon's Juvenile Center in the Mott Haven area of the Bronx.

Carrion / FILE PHOTO

"I lay down on this mattress and it was very uncomfortable," Carrion said. "If my children can't sleep on that mattress, no one else's child should sleep on that type of mattress, so we are getting new mattresses for every child."

Carrion said the thin foam mattress with a plastic cover was folded over to make room searches easier for center staff.

Mattresses are being replaced at Horizons and at Crossroads Juvenile Center in Brownsville.

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Students at Columbia University protest sexual violence on campus. / GETTY IMAGES

On-campus sex assault numbers out

Crime. Activist calls numbers on sexual violence "inaccurate."

Columbia University's Morningside Campus leads New York City with 72 forcible sex offenses reported from 2008 to 2012, and another 17 sex offenses were reported at Columbia's Barnard College across Broadway.

New York state released a searchable database of campus sexual assault numbers on Tuesday to make the numbers more accessible to students. The launch coincided with the adoption by State University and City University campuses of new sexual assault and prevention policies that require students verbally consent to sex, and to offer amnesty to victims who violated school drug and alcohol policies.

CampusCrime.ny.gov lists criminal offenses for public and private campuses across the state as reported to the Department of Education.

The numbers are "inaccurate" and show a "disconnect" between the reality of campus sexual assault and incidents reported, said Debjani Roy, deputy director of Hollaback!, a group that works to lower sexual violence and harassment against women.

"The numbers are not reflective of the reality of sexual assault on college campuses by any means," Roy said.

Public Advocate Letitia James, who introduced campus safety legislation in October, said at the time that colleges with 6,000 or more students average one rape per day during the school year.

New York colleges

45
NYU's main campus reported 45 sex offenses over the four-year period.

42
Fordham reported 42.

16
The New School reported 16 sex offenses

5
Five were reported at CUNY City College and FIT.

2
Two were reported at Hunter College.

0
No assaults were reported at CUNY's Bernard M. Baruch College or at Pace University.

WENDY JOAN BIDDLECOMBE
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Crime and cameras

De Blasio: Crime, arrests both drop

Murders are down to their lowest level in 20 years, Mayor Bill De Blasio told reporters Tuesday, hours after police found the bodies of two women, one killed in Queens, the other in the Bronx.

Overall crime is down 4.4 percent this year from 2013; controversial stop and frisks fell 79 percent in the first nine months; and marijuana arrests dropped 61.2 percent.

"That's a profound impact on people's lives," De Blasio said.

To help build confidence in the police, NYPD officers will soon begin wearing body cameras, he added.

Police Commissioner Bill Bratton said cops are working to ensure that Staten Island remains calm when a grand jury there returns its verdict in the case of Eric Garner, an unarmed black man killed by police.

METRO

Cops / GETTY IMAGES

This school wants your dirty laundry

Education. Lower East Side school finds a laundry room and helps get parents involved.

A teacher at P.S. 15 puts class blankets in the school's washing machine. / MILES DIXON

Parents don't need to hide their dirty laundry anymore. Teachers at P.S. 15 in Manhattan want them to bring it to school.

The Alphabet City elementary school is meeting the needs of its students creatively — by installing laundry machines that parents can use if they take part in school activities.

The East 4th Street school, where lower income families meet higher income families, has to deal with many issues of financial inequality, as kids from neighborhood projects sit in class with the children of gentrifiers.

Finding that children often stayed away from school because they didn't have clean clothes or a fresh uniform, principal Irene Sanchez first offered a weekly laundry service for the children's uniforms at a local Laundromat.

But it was only when Sanchez installed a washing machine and a dryer for parents to use for free during school hours — bought with money raised by the school — that she was able to raise the involvement of low-income parents.

"We noticed that many parents were not informed about their children's grades, or their difficulties," said La'Nette Murphy, P.S. 15's parent coordinator.

Now, parents in need get a coupon for washing their family's clothes if they take part in PTA meetings or workshops at the school.

"It broke down the barrier to talk about other problems because parents recognize that they are not the only ones with problems," Murphy said.

Quoted

"Many families don't have the money or the place for their own machine."

Murphy

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Teachout leads school protest at NYU

Former gubernatorial candidate Zephyr Teachout leads a rally at the Department of Education to protest the influence of wealthy investors on city schools. / CARLOS LLAMAS

Grad students rally for living wage at NYU

Ivory tower cracking. The protesters want a share of the school's surplus.

Graduate students teaching at New York University say they might strike if the school that had a $399 million operating profit last year doesn't pay them a fair wage and improve working conditions.

"Our demands are reasonable," said graduate sociology student Daniel Cohen. "NYU should give up some of its vast wealth."

Several hundred grad students demonstrated Tuesday in Washington Square Park. Most were humanities students who will earn significantly less money with their Ph.D.s than students finishing business or law schools at NYU, who usually get jobs paying $100,000 to $120,000.

International graduate students at NYU's Polytechnic School of Engineering make a maximum of $10 per hour doing sophisticated lab work and must pay their health care and tuition. Their visas bar them from working more hours off-campus.

Graduate Ph.D. students at NYU's Washington Square campus can make up to $35,000 per year without any significant child or health care. NYU offers a $200-per-year subsidy for any graduate worker with a child and no dental coverage.

"I know some graduate workers who have had to put their children on Medicaid," said David Klassen, a graduate student in Latin-American studies. "NYU can afford so much more."

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letter@metro.us

Salary disparity

NYU President John Sexton receives a $1.5 million salary, a $2.5 million "length of service" bonus and an $800,000 annual pension upon retirement in 2016.

- Adjunct faculty at NYU often take on the responsibilities of a professor in teaching courses and are only paid $5,000 per course, compared to the $106,100 salary that associate professors receive.

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Boehner pushes for spending to avoid shutdown battle

Deadline. Congress must pass a federal government spending bill by Dec. 11 to avoid a shutdown.

House of Representatives Speaker John Boehner urged fellow Republicans on Tuesday to pass a spending bill that funds most of the federal government through Sept. 30, 2015, avoiding a shutdown fight over President Barack Obama's immigration action.

At a closed meeting of House Republicans to plot strategy on how to handle a must-pass government spending bill, Boehner proposed including a short-term extension for the Department of Homeland Security, the agency that will implement Obama's immigration order, Republicans said.

Boehner / GETTY IMAGES

That would allow Republicans to revisit efforts to block Obama's immigration action by placing spending restrictions on Department of Homeland Security activities early next year.

Some Republicans want to use the spending bill to defund Obama's unilateral action easing the threat of deportation for millions of undocumented residents.

The political stakes are high for Republicans, after huge wins in the Nov. 4 elections that will give them a majority in the Senate and a bigger majority in the House next year.

Boehner said after the meeting that no decision had been made and consultations would continue with Republicans in the House and Senate.

"Frankly, we have limited options, limited ability to deal with it directly," Boehner said of possible responses to Obama's immigration action. REUTERS

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Report: Iran hackers targeted airlines, energy firms, colleges

Tehran. The report comes as governments scramble to better understand Iran's cyber capabilities.

The source said Qatar Airlines was a specific target. / GETTY IMAGES

Iranian hackers have infiltrated some of the world's top energy, transport and infrastructure companies over the past two years in a campaign that could allow them to eventually cause physical damage, according to U.S. cyber security firm Cylance.

Aerospace firms, airports and airlines, universities, energy firms, hospitals and telecommunications operators based in the United States, Israel, China, Saudi Arabia, India, Germany, France and England have been hit by the campaign, the research firm said, without naming individual companies.

A person familiar with the research said U.S. energy firm Calpine Corp., state-controlled oil companies Saudi Aramco and Petroleos Mexicanos (Pemex), as well as flag carriers Qatar Airlines and Korean Air were among the specific targets.

The company said its researchers uncovered breaches affecting more than 50 entities and had evidence they were committed by the same Tehran-based group that was behind a previously reported 2013 cyber attack on a U.S. Navy network. **REUTERS**

Quoted

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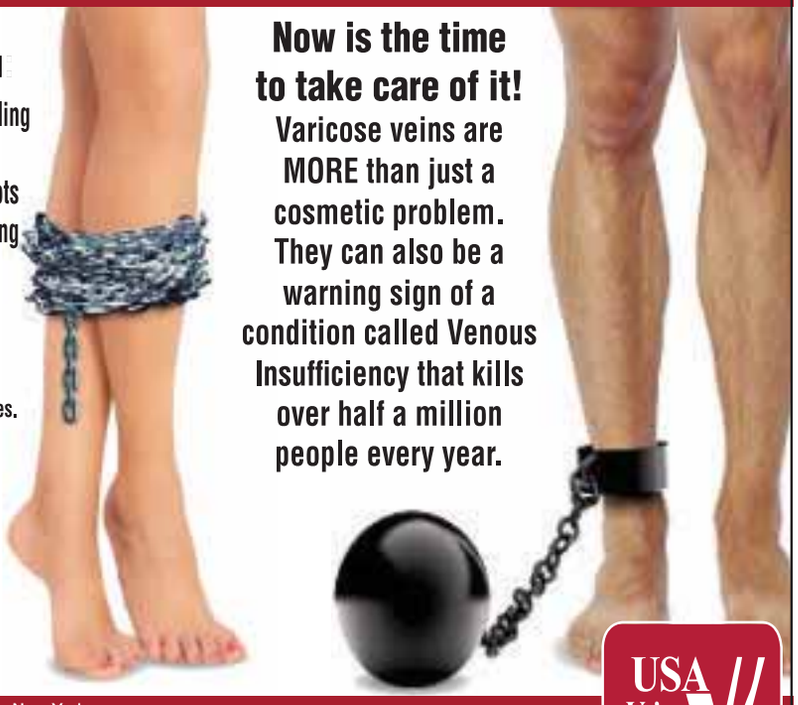

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Defense

Sources: Obama to nominate Carter to lead Pentagon

Former Pentagon official Ashton Carter emerged on Tuesday as the expected nominee to replace Chuck Hagel as

defense secretary, sources familiar with the situation said. Carter, a former deputy secretary at the Department of Defense, would have the task of breaking into the tight-knit White House inner circle that President Barack Obama has leaned on to run national security policy.

His influence would be tested as the U.S. wrestles with a growing list of crises — from the battle against the Islamic State in Iraq and Syria to troubled ties with Russia. REUTERS

Middle East. Lebanon detains wife, daughter of Islamic State leader

The Lebanese army detained a wife and daughter of Islamic State leader Abu Bakr al-Baghdadi as they crossed from Syria nine days ago, security officials said on Tuesday, in a move seen as likely to put pressure on the Islamist chief.

The woman was identified as Saja al-Dulaimi, an Iraqi, by a Lebanese security official and a senior political source.

The Lebanese newspaper As-Safir reported she had been detained in coordination with "foreign intelligence."

A Lebanese security source said the arrest was "a powerful card to apply pressure" in negotiations to secure the release of 27 members of the Lebanese security forces captured by Islamic militants — a view shared by other Lebanese officials who confirmed the arrest.

However, Secretary of State John Kerry dismissed any suggestion that Washington might also try to use similar tactics to free prisoners. "We do not engage in that type of negotiation. Period," he told a news conference in Brussels.

Video grab of Abu Bakr al-Baghdadi / GETTY IMAGES

Quoted

"If I were Abu Bakr al-Baghdadi, I would be very anxious that they are getting very close." Fawaz Gerges

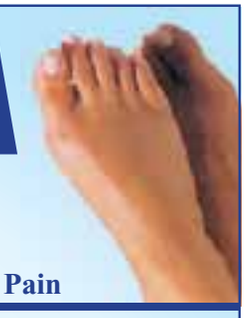
A senior Lebanese security official said Baghdadi's wife had been traveling with one of their daughters, contradicting earlier reports that it was his son. DNA tests were conducted to verify it was Baghdadi's child, the official said.

They were detained in northern Lebanon after Baghdadi's wife was found with a fake passport, officials said. Investigators were questioning her at the Lebanese defense ministry.

Fawaz Gerges, a Middle East expert at the London School of Economics, said the arrest indicated that the American-led coalition seemed to have solid intelligence in Syria and Iraq.

"I talked to a few people who told me this was a coordinated arrest between American intelligence services and the Lebanese army," he told Reuters. REUTERS

Feet Hurt? Bunions? Hammertoes? Heel Pain?



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OMG! Gloves that let you climb like lizards on vertical surfaces

Hawkes' "gecko glove" invention. / ERIC EASON

A scientist from California has made scaling walls à la Spider-Man a reality — with inspiration from a little lizard species. Elliot Hawkes, a Ph.D. candidate in biomimetics engineering at Stanford University, has devised a pair of "gecko gloves" that mimic the sticky-like properties of the reptile's feet, allowing the user to climb vertical glass walls with his weight supported. "The device employs about the same muscles as climbing a ladder," Hawkes told Metro.

Anybody can become a real ... Gecko-Man?

I designed the system to allow almost anyone to be able to use it. Unlike geckos, humans do not have very strong upper bodies. We are evolved to walk and run, and our main strength is in our legs. Therefore, the system uses the legs to lift the body weight. The hands only place and remove the adhesive.

Is this invention connected to your other work?

I began working on this one about five years ago. First I created a small climbing robot, named Stickybot. Ever since then, I have imagined being able to climb a wall just like this little robot. It seemed like the ultimate challenge for the adhesives.

Isn't it hard to climb with your system?

It isn't particularly physically demanding. It uses about the same muscles as climbing a ladder. It does take focus to move the right leg with the right hand, and the left leg with the left hand, and to look up to see what your hands are doing, but it does not strain your arm muscles.

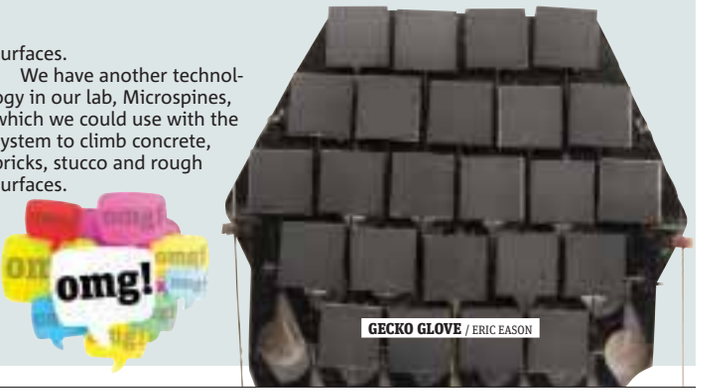
DMITRY BELYAEV, METRO WORLD NEWS

Question

Can the 'gecko gloves' be used on other surfaces?

The adhesives we use in this paper are designed for relatively smooth surfaces like glass, metal, polished stone and varnished wood. But the system for load-sharing and climbing could be used with any number of synthetic adhesives designed for other surfaces.

We have another technology in our lab, Microspines, which we could use with the system to climb concrete, bricks, stucco and rough surfaces.



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2 CULTURE

Twitter feed

Today, Thandie Newton is adjusting to motherhood, Mark Ruffalo maybe isn't on Team Hillary, Kirstie Alley is having dexterity issues, Joss Whedon knows how to woo and Jeff Ross is reevaluating the classics.

@thandienewton: My 9 mth old has taken to climbing up to stand, and steadying himself using my braid. Call me Rapunzel

@MarkRuffalo: Wouldn't it be great to see Elizabeth Warren run for president in 2016?

@kirstiealley: Sometimes you just can't grasp something

@josswhedon: I'm deep, ladies. Deep and dark. Dark and muggy. Stagnant and putrid. Misshapen and vengeful. Deciduous yet crunchtastic

@realjeffreyross: I can't sit through "The Cosby Show" anymore but somehow "The Cosby Mysteries" still holds up.

1 Scarlett Johansson has been secretly married for months

Johansson, pictured here on December 1 with her husband of two whole months. / ALL PHOTOS GETTY IMAGES

"Avengers" star Scarlett Johansson managed to pull off the ultimate celebrity achievement: the secret wedding. She and Romain Dauriac reportedly tied the knot Oct. 1 in Philipsburg, Montana, less than a month after the birth of their daughter — and no one in the press caught on about it, according to Page Six. "They kept the wedding a big secret because they both wanted privacy," says a source with a firm grasp for the obvious. Johansson started introducing Dauriac as "my husband" at the Gotham Awards earlier this week, and Dauriac was spotted wearing a wedding ring in early October and Johansson had one on in public last month, so really this one's on us for not catching it earlier.

2 Christian Bale thinks Clooney should 'just shut up'

Christian Bale is a big fan of privacy and not a big fan of tabloids. But you know what he's also not a big fan of? Fellow celebrities complaining about privacy and the tabloids. Bale tells the Wall Street Journal that George Clooney — whom Bale concedes is "a movie star" — needs to pipe down when it comes to the invasive press. "It's boring, isn't it? You know what I mean?" Bale says. "It doesn't matter that he talks about it. It's like, come on, guys, just shut up. Just get on with it and live your lives and stop whining about it. I prefer not to whine about it." Duly noted. Oh, and don't expect him to re-team with "Terminator Salvation" director McG again anytime soon. "There's a lot of room for many approaches and many characters within the film industry," Bale says. "I won't be working with him again, but I wish him very well. OK?" And that is what Bale being diplomatic sounds like.

3 Reese Witherspoon takes issue with the whole 'America's sweetheart' thing

Guys, seriously. Cut it out. Reese Witherspoon is totally not America's sweetheart. "I certainly don't self-identify as anyone's sweetheart," she tells Glamour magazine. "I'm friendly, but I don't think I'm sweet. I'm honest." Yeah, but come on. That's totally something America's sweetheart would say.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

4 Burt Reynolds auctioning off 'The Bandit'

DAVID NEWHART/MECUM AUTOS

Want to own a piece of movie history? Well good news, Burt Reynolds is getting rid of some stuff. Hope you have an empty garage: His 1978 black Trans Am from the "Smokey and the Bandit" films is going up for auction next month along with a bunch of beauties from the Wellborn Muscle Car Museum. This item in particular, personally owned by Reynolds, features portraits of his film alter ego embroidered into the headrests, a CB radio and the personalized license plate "BANDT22." Just don't expect cops to look the other way if you're going even a little too fast.

Daily video

The Killers' new holiday ditty

YOUTUBE, JIMMY KIMMEL LIVE

As a part of the annual tradition, The Killers recorded a new holiday-themed single to benefit the RED campaign. This year, they teamed up with Jimmy Kimmel for a rather unorthodox tune called "Joel, the Lump of Coal" that tells a new Santa-adjacent Christmas tale. And according to Kimmel, it "may very well be the greatest holiday song recorded by non-chipmunks." If you want to ignore the Kimmel stuff and go right to the song itself, skip to the 5:08 mark. Brandon Flowers in a light-up Christmas sweater is quite a treat in and of itself. Even as a joke, the song is catchy as hell.

5 Lauren Graham set to join late night fray — sort of

The late night talk show host circuit is still an exclusively white male club, but we can at least pretend it's more diverse, right? NBC has tapped "Gilmore Girls" alum Lauren Graham to star in "Kate on Later," a comedy series in development focusing on the foibles of the first female late-night host. The show is being overseen by Ellen DeGeneres' A Very Good Production company. Hey, it's something, right?

Like this...except on the other side of the desk.

Michelle Phan's next moves

Beyond YouTube. The vlogger's fans number in the millions, and now the entrepreneur is releasing her first book and launching a record label.

Michelle Phan's YouTube beauty channel has more regular viewers than most prime-time TV shows. To date, the 27-year-old has 7 million subscribers to her self-titled platform, while her videos have been viewed in excess of 1 billion times. Now, the Boston-born self-made celebrity, who already has a cosmetics collection called Em in collaboration with L'Oreal, tells us why she's publishing her own so-called "self-empowering" book "Make Up: Your Life Guide to Beauty, Style, and Success — Online and Off."

Did your popularity take you by surprise?
When I decided to go to art school to follow my dream of becoming a makeup artist, I had no idea I would end up on YouTube or that my videos would be seen by millions of people. ... I never expected any of this to happen, but it's been an incredible adventure and I've learned a lot along the way.

What kind of advice can we find in your book?

My book covers everything from beauty to lifestyle tips. If you want to hear my tips about etiquette and manners, both online and offline, or even learn a bit more about me and how I got my start, this would be a great read for you. I really hope the book will be a tool for everyone: young girls, college students and women. Something you want to keep on your bookshelf and refer to anytime you need a little advice!

A lot of YouTubers now have their own cosmetics lines. What do you think about that?
I am a big supporter of seeing the beauty space evolve with new, talented makeup enthusiasts, all making beauty more exciting. I love that it's more accessible to anyone and everyone now.

A successful channel, a makeup line, a book — Do you have any other upcoming projects?
I recently partnered with Cutting Edge Group and will be launching my own record label, Shift Music Group. I wanted to create a platform that would provide opportunities for artists, by not only promoting their music in my videos but giving them further opportunities to get their music heard. I've always been passionate about music, and this venture allows me to take my passion and create opportunities for others.

I want to inspire others to build successful brands on YouTube. I've teamed up with Endemol Beyond USA and will be expanding my network by building a boutique premium talent network that will feature key tastemakers and pioneers in the YouTube space, as well as curating and creating inspirational content for millennials.

ELODIE NOËL, MWN
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Michelle Phan is expanding into the music business. / MICHELLE PHAN

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A superstar comes to town

Interview.
Har Mar Superstar hits the Bowery Ballroom tonight with Macauley Culkin's band.

It's the double bill America didn't know it needed: Soul singer Har Mar Superstar is traveling the country with Macauley Culkin's The Pizza Underground, Mac's Velvet Underground cover band that sings about pizza. Har Mar Superstar, who goes by Sean Tillman in his offstage moments, says the decision to tour together was easy.

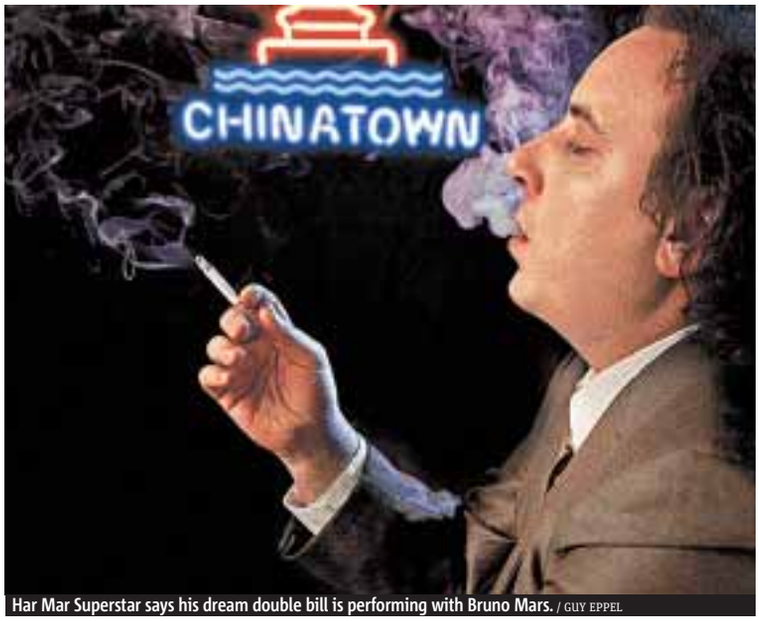
"I've been good friends with Mac for a long time. He jumps in my van and goes on tour with me a lot, so once he started his own band, it was kind of a no-brainer to join forces and travel together."

Tillman says Culkin is a pretty great travel buddy, too. "He's like a well-stocked tour mama. Anything you can think of that you might need, he has. You're like, I need some lefty safety scissors, and he's like, 'Oh yeah, I got that.'"

Just what might an audience member expect from an evening with these two? "It's like a circusy feel. Everybody gets involved in each other's sets, and it's just like a variety show of sorts until it leads up to our Har Mar headlining set, which is just the classic sweaty dance party that we've been known to incite," says Tillman.

Tillman, long known as much for his getups onstage as his tendency to shed most of them partway through his sets, has a new number specially prepared for this tour. "I had my friend Elyse make this hockey jersey that's kind of an homage to the Flying Burrito Brothers and Velvet Underground at the same time. It's like a pterodactyl midflight, that's half banana, half pterodactyl, which is my nod to The Pizza Underground slash Velvet Underground."

Visit **Metro.us** to watch Tillman's big dance-off moment with Ben Stiller.



Har Mar Superstar says his dream double bill is performing with Bruno Mars. / GUY EPPEL

If you're now pained by jealousy that you don't own this magnificent piece of high fashion, you might be reassured to know that only two exist in the world, and the other one belongs to Julian Casablancas. Tillman's latest record, "Bye Bye 17," was released by Casablancas' Cult Records, which Tillman seems pretty happy about. He calls Casablancas "an idea factory," whose suggestions are always welcome and "constantly" on point.

"Every time he makes a suggestion, even if it seems crazy at first, I'll try it out, and it always works out. It's almost annoying. It's like he's almost psychic," Tillman says with a laugh.

"Bye Bye 17" represents a more serious turn for Tillman, but he's been interested in soul music since childhood, and points to Otis Redding, Stevie Wonder and Sam Cooke as early influences. "I've always been obsessed with music that's poppy and seemingly happy on the surface but when you get into the lyrics, it's really sad subject matter," says Tillman. "I just really like that juxtaposition."

If you go

Har Mar Superstar and The Pizza Underground

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LISA WEIDENFELD
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Movie star

On the silver screen

You might recognize Tillman from his efforts in front of the camera. He was Ben Stiller's dance-off partner in "Starsky and Hutch," a part he got after director Todd Phillips saw him perform live and invited him to audition. He also appeared in "Whip It" and popped up in "Pitch Perfect" as a member of the older a capella group the main characters get in a fight with after a big competition. Sadly, he wasn't able to reprise his role in the sequel. "I was supposed to. I got asked to and I was going to do it and go back, but they changed the dates on me when I was on tour in France and I couldn't get back in time to do it. I think Reggie Watts replaced me," says Tillman.

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Elevate your holiday party at a restaurant

Not all holiday parties are created equal. I prefer a restaurant setting to an event venue — the atmosphere is more warm and inviting. And because they are used to large parties and special menus, there's less hassle, which means more fun.

Medi Wine Bar

811 Ninth Ave. The private room downstairs is perfect for gatherings, with brick walls and wrought iron accents. Their customizable menu includes several bruschettes, but my favorite is the fresh ricotta. Definitely include a tray of olives, hummus, pita and olive oil — it makes a perfect complement for the wine.

Ayza Wine & Chocolate Bar

17th Avenue South & 11 W. 31st St. Want to throw a party with a chocolate twist? Look no further. For $60 per person, enjoy a two-hour service of assorted cheeses, hummus, olives and prosciutto in addition to hot dishes like chicken lollipops and white truffle pizza. Chocolate truffles, prosecco, wine and beer are also included. Their candy-coated chocolates and marshmallows would add an unforgettable garnish to your holiday event.

Blue Fin

1567 Broadway. This seafood place has that New York City "wow" factor. The space is sleek and modern with a glass-lined bar that overlooks Times Squareand four different rooms that can handle large groups very well. I like the Staycation cocktail with green tea-infused tequila and cucumber. The sushi quality is excellent; rolls start at $12.

For exclusive commentary, visit **Metro.us/blogs.**

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MONICA DINATALE

Monica DiNatale is a bargains expert, food host and author of "365 Guide New York City," a treasure trove of restaurant deals and bar specials in NYC, available in paperback and e-book.

The Weekly Yelp. Healthy bites

Unless you plan to completely ostracize yourself from social interaction this holiday season, chances are you're already eating like Santa's bringing you a new wardrobe. Get one last healthy meal under your belt while it still fits around your waist, huh?

Ellary's Greens made a believer out of vegan Sarah S. with its fresh ingredients. / YELP

Mooncake Foods

28 Watts St., South Village

After you stuff yourself for under $13, you feel proud of how healthy you ate. Guilt free (for both your calorie count and wallet), filling and tasty... the holy restaurant trinity. **AMAYA S.**

Brazilia Cafe

684 Broadway, Greenwich Village

I love that their drink and food options cater to every diet imaginable. So whether you're a reluctant member of my lactose intolerant family, or vegan, or you just want a damn good cookie and you don't care what it has in it... you'll find it there. **ROSE K.**

Bombay Sandwich Co.

48 W. 27th St., Flatiron

I've tried many vegetarian places and have hated them all and have come out hungry. This spot has changed my whole thoughts on the topic. Ingredients are super fresh and the flavors are standout and outstanding. **KEVIN C**

Ellary's Greens

33 Carmine St., West Village

I am a vegan and this place provides the perfect, clean menu with great ingredients that can accommodate meat eaters and vegetarian/vegans alike. You don't have to worry about fake 'meats' and soy products, the food is not processed, extremely fresh. **SARAH S.**

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Smiling is one of the most widely accepted and understood facial gestures made by people across the world. It is interpreted to mean joy, comfort, love, and many other positive emotions. We use it to communicate our feelings in any environment, personal and professional. "Smiling expresses conviction, wisdom, and professionalism," says Dr. Marc Liechtung, a leading General, Cosmetic, and Restorative Dentist at *Manhattan Dental Arts*, located in Lincoln Center, at 1995 Broadway (at 68th St.), Suite 200. It is a key ingredient in a first impression and it is how we want to be remembered as we part ways. Whether it is an important meeting at work, relaxing with good friends, enjoying a first date, or playing with your children, your smile shows you in your best light. Has your smile been performing at its absolute finest in all of these scenarios?

Dr. Liechtung has been performing dentistry for over 20 years. He graduated from the University Of Pennsylvania School Of Dental Medicine in 1986, which included one of the best dental fellowship programs in the country, where he received his Doctorate of Medical Dentistry. The following year he graduated from an Advanced Restorative and Implant fellowship at the university. Being a member of a number of professional organizations, such as the American Academy of Cosmetic Dentistry, the International Academy for Dental Facial Aesthetics, and the World Congress of Minimally Invasive Dentistry, gives Dr. Liechtung a unique grasp of dental acumen. He has given lectures nationally and internationally on cosmetic dentistry and Snap-On Smile appliance. We sat with Dr. Liechtung at his Lincoln Center dentistry where he works with Ivy League trained dentists to provide the highest quality patient care.

There are times when extensive dental work might not be the immediate solution to achieving that perfect smile. For example, prior to or during a long term treatment; a situation where a non-invasive solution must be implemented; or a temporary cosmetic solution that can be easily removed. For these times, there exists the Snap-On Smile. Having spent almost two decades dedicated to his patient's restorative and cosmetic needs inspired Dr. Liechtung to create this innovative approach in 2004. He invented this multi-purpose restorative appliance to give those in need a way to achieve a beautiful, brand new smile without expensive, uncomfortable, and invasive procedures. In the following section, Dr. Liechtung offers us an overview of this incredible product.

Rp: What is the Snap-On Smile?

Dr. L: The Snap-On Smile is an affordable, reversible, and absolutely pain-free solution to a wide array of dental problems, including gapped, crooked, or stained teeth. You just snap it onto your teeth when you want to wear it and continue with your day. None of the adhesives or discomfort that come with other products and you can eat and drink as you normally do without worry.

Rp: Who is the Snap-On Smile for?

Dr. L: This appliance is perfect for anybody looking for non-invasive and non-permanent restorative or cosmetic dentistry. If you are unable to receive crowns, veneers, or implants due to medical conditions, age, or fear of extensive dental work, the Snap-On Smile will work for you.

Rp: How do we get the Snap-On Smile?

Dr. L: It's really simple, it takes only 2 visits! After our consultation, we take an impression of your upper and lower teeth. We'll then discuss the best shade and shape to use for your Snap-On Smile. Finally, your details are sent for fabrication and your beautiful new smile is ready to wear within 10-14 days.

Rp: What is it like to wear the Snap-On Smile?

Dr. L: The Snap-On Smile is made of a highly durable and non-porous material, which allows it to be extremely thin and non-intrusive during regular wear. There is no limit to what can be eaten and simply cleaning it will ensure it remains stain-free. It firmly attaches to the teeth to minimize the risk of it falling or moving while you enjoy your day.

The Snap-On Smile has improved the quality of life for thousands of people world-wide. Take advantage of being in NYC, where the inventor of the Snap-On Smile sees patients, and schedule a visit today. Dr. Liechtung see's patients at the Manhattan Dental Arts office. He is available for free Snap-On Smile consultations and to discuss all your dental needs. Simply call **(212) 95 - SMILE** or email him at info@ManhattanDentalArts.com today.

A brief history of movie spinoffs

There have already been two spinoffs of major film franchises this year: the happily loopy "Penguins of Madagascar" and the highly profitable "Annabelle." There are more to come, including a prequel for the "Despicable Me" Minions. But spinoffs are nothing new. Here are other times execs tried to bleed product until it could bleed no more. **MATT PRIGGE**

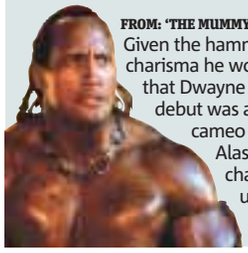
PROVIDED

'Supergirl' (1985)

FROM: 'SUPERMAN: THE MOVIE' (1978), 'SUPERMAN II' (1980), 'SUPERMAN III' (1983)

By 1985, the "Superman" franchise was already ear-deep in self-parody, with the noticeably downsized "Superman IV" still en route. That didn't put the brakes on a gargantuan movie for Kal-El's female counterpart (Helen Slater), which made up for the lack of even a Christopher Reeve cameo by stacking the deck with overqualified thespians such as Faye Dunaway and Peter O'Toole. It didn't work: Its box office was so dismal that the franchise rights were sold to little Canon Films.

'The Scorpion King' (2002)



FROM: 'THE MUMMY RETURNS' (2001)

Given the hammy yet sometimes soulful charisma he would soon reveal, it's odd that Dwayne Johnson's blockbuster debut was a wordless (but growl-heavy) cameo in "The Mummy Returns." Alas, it was really a setup for his character's own film, which unleashed more silly Egyptian shenanigans upon theaters.

PROVIDED

'Beauty Shop' (2005)

FROM: 'BARBERSHOP' (2002), 'BARBERSHOP: BACK IN BUSINESS' (2004)

"Barbershop" was the kind of modest surprise hit that lends itself to sequels, spinoffs and TV shows. It got all three, with the sequel's Queen Latifah getting her own salon, albeit one staffed by Alicia Silverstone and Andie MacDowell.

PROVIDED

GETTY IMAGES

'American Pie' DTV sequels (2005-2009)

FROM: "AMERICAN PIE" (1999), 'AMERICAN PIE II' (2001), 'AMERICAN WEDDING' (2003)

"American Pie" nimbly blended raunch with heart. If it had nudged either way, it could have turned stupid or maudlin. While the theatrically released, Jason Biggs-led films turned sappier, there was a line of direct-to-video sequels — with subtitles like "The Naked Mile" and "Beta House" — that were pure filth. Aside from the recycled title (and Eugene Levy), they were otherwise indistinguishable from tasteless teen nudie pics from the '80s.

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Read Our Reviews

'Get Him to the Greek' (2010)

FROM: 'FORGETTING SARAH MARSHALL' (2008)

"Forgetting Sarah Marshall" was a case where the supporting guy stole the movie from the hero, but it also made a star of Russell Brand, who went on to helm this very funny spinoff vehicle.

PROVIDED

PROVIDED

'The Bourne Legacy' (2012)

FROM: 'THE BOURNE IDENTITY' (2001), 'THE BOURNE SUPREMACY' (2004), 'THE BOURNE ULTIMATUM' (2007)

"There was never just one" went the tag line for this spinoff, made only because franchise star Matt Damon was temporarily unwilling to return. In fact, what was Jeremy Renner's character's name? It's not clear if this side project will ever return, which is a shame: Renner, as ever, is good at playing a steely hero.

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Q&A LAURA DERN PLAYS NICE

Laura Dern plays Reese Witherspoon's extremely chipper mom in the hiking movie "Wild." / FOX SEARCHLIGHT

Interview. The acclaimed actress finds the mom she plays in "Wild" inspiring — up to a point.

LAURA DERN
GETTY IMAGES

Laura Dern has been playing moms recently, and although the ones in "The Fault in Our Stars" and "Wild" are both loving, they're very different. In the former, she was taking care of her cancer-plagued daughter (Shailene Woodley). Here, she's Bobbi, the once-abused, now upbeat mother to Cheryl Strayed (Reese Witherspoon). Bobbi's sudden death causes Cheryl to descend into self-destruction then try to rebuild herself — by going on an 1,100-mile solo hike.

On playing a character who's so optimistic: "I've played characters who want to be happy, and so they fake it until they hope to make it. And I've played people who have a bit of a Pollyanna thing. When I was younger, I would play the sweet girl or the girl next door, who's happy and innocent — even in 'Blue Velvet.' But to experience the impact that Bobbi seems to have on all of us [by seeing the film] is to get this sense of earned gratitude of having walked through hell. We each have our own walk through hell, but she had a pretty full plate of it."

Bobbi's backstory: "She was willing to leave horror and abuse in an era when there were no hotlines and no one was saying there is something called 'domestic violence.' That she went through all of that and could say the positive things she said to her daughter with such genuineness — it's very inspiring to play someone like that. I certainly now wake up most mornings thinking of life that way."

The pain of Bobbi's passing: "[Director Jean-Marc Vallee] made sure we got to know her,, so you longed for more. You can feel the grief of the loss of this woman."

The film's view of strong yet vulnerable women: "It's about revealing a woman's strength, independence and bravery — but also her vulnerability. The circumstances she put herself in were really beautiful and scary and poignant. Let me tell you, you ain't seeing me do it. I told Cheryl, 'I'm so excited you went on this hike and I never have to.' I'll take a three-hour hike, but I'd like a few friends to come."

MATT PRIGGE
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Still relevant

'Wild' is set in the '90s but doesn't always feel like it: "Jean-Marc cared so deeply and wanted this story of grief and healing to feel timeless. Even though he told Cheryl's story through music, with the death of Jerry Garcia and these moments that lock us into time, I thought he really carefully navigated it so the larger story was what you saw more of. The fact that nature was a character in the film makes it timeless."

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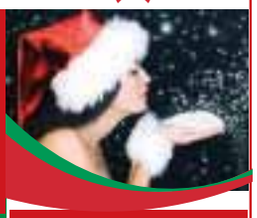

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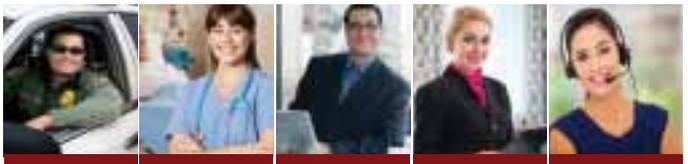

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TV watch list

DRAMA

'Arrow'

If you've been keeping up with "The Flash," you know this is a crossover episode, where he and Oliver team up to take down a bad guy who's hidden bombs around the city. **8 P.M., CW**

COMEDY

'Modern Family'

Alex meets a little disbelief when she announces she has a new boyfriend, while Jay and Gloria look for ways to avoid attending parties. **9 P.M., ABC**

REALITY

'Kitchen Inferno'

A chef tries to win the money to open his own restaurant, and his challenge is to make a savory dish out of milk and cookies. But why would you not simply eat the cookies? **10 P.M., FOOD NETWORK**

LISA WEIDENFELD

Maybe once they catch the bad guy, Arrow can shoot an arrow and the Flash can run and catch it in his hand! That would be a cool trick. / THE CW

Chi McBride likes Hawaii, if not 'Five-0'

CHI MCBRIDE
GETTY IMAGES

Interview. The "Hawaii Five-0" star on why his show will be "forgotten like a mustard burp."

"Hawaii Five-0" airs Fridays at 9 p.m. on CBS. / CBS

Chi McBride will be the first to admit his hit series, "Hawaii Five-0" has taken over Oahu. "You can't swing a dead cat on the island without hitting our production somewhere," he says. "People literally look for us at the airport — because we shoot at the airport. Hawaii's quite beautiful in and of itself. They certainly don't need 'Hawaii Five-0' to have a booming and successful business for tourism. But it don't hurt!"

And he wouldn't have it any other way. "I do love Hawaii, I love my place there," McBride says. "And I do love to play golf, which I do a lot in Hawaii. We're going to have Michelle Wei on the show [this season] and she's going to take a couple of us out to play golf. I'm looking forward to that because [series star] Alex [O'Loughlin] is a terrible golfer, and he's going to have to play. So one thing I know I'm going to say to him is, 'I bet you don't want to do your own stunts now, do you?'"

At the end of the day, his job is just a job, though. As McBride says: "I don't see myself arguing with somebody over a line that's going to be said on a television show that's going to be forgotten about like a mustard burp in a hundred years. This whole thing is just a pimple on a very hairy ass, so you have to look at it as such," he says. "At the end of the day, I have one acting note, and that's this: 'OK, so pretend like…' That's it. It's all just pretend. Something you did as a kid, only they pay you a lot of money for it now."

NED EHRBAR
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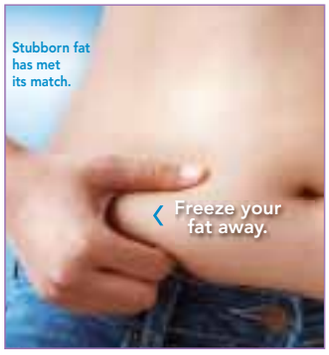

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New looks for new homes

Decor. People building houses these days are branching out from what their parents' generation expected in a family home.

In this increasingly personalization-happy world, even home design is becoming something you can have more say in. Houseplans.com offers 32,000 options for ready-made plans for new home owners who want to build their first house, but want to pick and choose their own features. The site targets everyone from folks who want a new mansion to people with more modest aspirations. CEO James Roche says, "We have architects and designers from all over the world. They submit their plans similarly to how designers submit their products on Etsy." We asked him what new home trends he's been seeing lately.

LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

A micro cottage could be the home for you. / ALL PHOTOS HOUSEPLANS.COM

Size matters

Bigger is not always better

Once upon a time, having a massive house was a status symbol, and while it still is for the fabulously wealthy, Roche says they're seeing many more people interested in smaller homes. The increase in requests for smaller home designs through the site is up over 100 percent from last year, but the extra-intriguing new trend is in really, really small homes. "We're seeing a big jump in micro houses," says Roche. "These are houses that are 200 square feet or below." As far as those 5,000-square-foot "McMansions?" They're down by 77 percent.

For the cooks

Must haves

For some people, the idea of designing their own kitchen is a huge draw of building their own homes. "Kitchen islands are huge. Everybody wants one. As the houses are getting smaller, the concept of the kitchen island that can also be used as a table is gaining some currency," says Roche.

Your future kitchen island?

Green choices

You can still get solar panels if you want them.

A more convenient truth

While global warming has been a big conversation in recent years, Roche says lately the focus seems to be more on a "market perspective." In other words, people are motivated by their wallets rather than world-saving notions when it comes to home features: "People are looking at green or energy efficiency more as a way to save money on their heating and cooling bills." That means cutting rooms that aren't used frequently, such as formal living and dining rooms, and building with better insulation; big game changers such as solar panels are more unusual., Roche says.

Two-for-one deals

Combo rooms

If the idea of going without a dining room in your dream house is tough to take, Roche says plenty of people are "starting to combine them into [a] kitchen/family room/breakfast nook with a dining table." You know how people congregate in the kitchen at every party? Why not just embrace it and have a big enough table for people to sit at?

Just imagine the dinner parties you'll have!

PLUS

Small spaces

Nooks and crannies

As Roche says, "I think living rooms are going the way of the dodo." But with big formal rooms gone, what's replacing them? Small, intimate, useful spaces. "People love these sort of mudroom/drop zones, where you can come in and take off your wet clothes or put your groceries and your keys down as you wander into the house."

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Real Estate. No one can figure out how to sell Diddy's old building

807 Park (center) will find the right match someday, right?
PROPERTY SHARK, GETTY IMAGES (INSET)

The owner of 807 Park Avenue — a property once owned by rapper Sean "Diddy" Combs — is rolling out Plan B to sell the 12-story building's luxe condos. Make that Plan C.

After failing earlier to sell three four-story condos, real estate investment firm Aion Partners rented out the townhouse-like apartments for $32,000-$40,000 a month. Now, the firm intends to expand the building and reconfigure the condos, according to plans filed with the Department of Buildings.

The building has a less-than-stellar track record. Diddy bought it in 1999 for $12 million, but listed it for sale a year later. It lingered on the market until 2004, when Aion paid $14.3 million for the building. The firm initially tapped star broker Dolly Lenz to market the townhouse-style condos for between $12 million and $16 million. When they failed to sell, the developer replaced Lenz with Stribling & Associates, but not without a legal fight from Lenz. Stribling, too, failed to sell the condos.

In 2008, Aion hired designer Eric Cohler to reconfigure the layout of each residence. Then, in 2008 and 2009, Aion tapped Stribling again to rent out the units at 807 Park. The Landmarks Preservation Commission is scheduled to review the latest proposal Dec. 2.

E.B. SOLOMONT

By the numbers

$12M

Price Diddy paid for 807 Park Ave. in 1999, a number that has since gone up and down as others try to sell it

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Winter's hottest fashion trends

Bulky knitwear is perhaps the strongest apparel trend this winter. Expect to see lots of chunky, oversized sweaters and dresses.
KELLY FRAMEL, THEGLAMOURAI.COM

Wish list. Two of NYC's top fashion bloggers weigh in on what's popular this season.

The cold winter months may be closing in on us, but there's definitely no shortage of must-have new trends to keep you looking chic all season long. We asked two of New York City's top fashion bloggers to break down the looks you need to get your hands on right now.

Dresses over pants

While colored tights have dominated the last few winters, Kelly Framel, creative director of the wildly popular site The Glamourai, says they're on their way out this season. Taking their place are dresses over pants, which can be interpreted in a number of ways.

"The really fashion forward way to wear it is over a slightly flared pant," says Framel, who describes the trend as a return to '90s grunge.

Above-the-knee boots

Playful lengths are also extending to footwear. Hot this winter are thigh-high, over-the-knee boots. A spin on the look takes the form of flats, says Framel. "We're so accustomed to seeing the over-the-knee, high-heel, slightly sexy version," she says. "A flat boot is especially fresh, like the coolest interpretations this season."

Military-inspired shoes are another look to invest in. Boots with lots of buckling details and accents of that signature olive green are particularly popular. If it's a more feminine look you're after, booties are a dainty alternative. "Another shoe trend that totally excites me is the kitten-heeled, pointed-toe, lace-up bootie," says fashion blogger Chanel van der Meijden.

Bigger is better

Knits, knits, knits

One of the strongest looks this winter is knitwear. On the runway, it's been spotted in the form of head-to-toe knit suits and trousers.

The trend is really all about size, in the form of chunky woven sweaters and bulky knitwear tops.

"The way it's being translated [from the runway] is really big, oversized sweaters and extreme turtlenecks," says Framel of The Glamourai. "Everything this season is just so big, so extreme — they're almost dresses."

Lighten up

Oversized coats and pastel colors

Many of the leading looks this winter are all about length. Case in point: dramatically oversized coats paired with mini dresses and above-the-knee skirts. "It's a big surprise when you think about the colder months," says van der Meijden of Cocorosa.

She adds that we'll be seeing a lot of fitted minis layered with over-the-top, big jumpers this season. Another play on length? Wide culottes and above-the-ankle trousers. Also going strong in outerwear is the pastel-colored coat. When it comes to bundling up, shades of soft pink and baby blue are all the rage. "There's finally an alternative to the boring black winter coat," says Framel.

PASTEL WOOL FITTED COAT, $178, TOPSHOP
PROVIDED

Big ol' earrings

It's official: Big earrings are back. While the trend for the last few seasons has been more about delicate jewelry, be prepared to see oversized pieces now.

"The fashion version of that is to wear only one [earring] and to wear the biggest earring possible," says Framel. "Chandelier and interesting statement earrings are definitely coming back." Translation? Big, glitzy earrings are perfect for the holidays.

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Taylor Swift's poncho is by Dolce & Gabbana, but we found three less expensive alternatives that look just as stylish. / GETTY IMAGES

Blanket season. Rock a poncho like Taylor Swift for under $70

The icy temps make it hard to get out of bed. But now you can wear a blanket around all day thanks to the cozy poncho trend. And if you're skeptical of the bohemian wrap look, which was big on the fall runway, behold Taylor Swift's perfect cold weather outfit.

TINA CHADHA

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Using the app TruSloMo, we took a video of a dog barking and put it in frighteningly slow motion. / PROVIDED

First there was Hyperlapse, the Instagram-friendly app that allowed one to make time-lapse (i.e., super-mega-ultra-fast) videos. Now there's TruSloMo. Also tied to Instagram, this one makes super-mega-ultra-slow videos. Slow motion, when done right ("Bonnie and Clyde," the films of Wong Kar-wai and John Woo, Jean-Luc Godard's "Slow Motion"), is a beautiful thing; when overdone, as in the "speed ramping" of Zack Snyder ("300"), it can be grating.

But anything is automatically made dramatic when presented super slow, even the most boring activity. So when you're fiddling with TruSloMo, and the special, once rarefied powers it grants you, try to think outside the box. Here are some ways you can mess with it:

1 Slow down a time-lapse video: Making super-fast videos normal speed is like un-Slinkying a Slinky. But it can be mildly amusing. And it may look weird too: Time-lapse only snaps one frame every so many seconds, so bringing it down a notch may result in some cool visual hiccups.

2 Shoot something that's already slow: Filmmakers like Bela Tarr and (sometimes) Gus Van Sant like to let the camera roll as people do laborious things, like endless, quiet walking. Now they can be even more hypnotic.

3 Capture something painfully mundane: Someone turning their head or getting out of a chair — things no one ever remembers doing after they've done them — can look intense when presented in slow motion.

4 Animals!: If recent history has proven anything, it's that the greatest source of entertainment are our pets. Capture your cat yawning over the span of several seconds — or, better yet, transform your dog barking into the scariest video to ever creep onto the Internet.

Sleep Better

Platform: iOS and Android
Price: Free

The app Sleep Better will show you how terribly you're sleeping.
PROVIDED

As you're probably sick of hearing by now, you're almost certainly doing sleep wrong. In the good old days (back before electricity, modern medicine and happiness) people didn't sleep for eight hours; they slept for 10 or more, with a break in between for light activity, like some of that old time lovin'. We don't have time for that these days. We maybe snooze six hours, not allowing our bodies to repair all the things we've done to it over the day. Poor sleep can even lead to an early death.

Sleep Better is one of the more comprehensive apps; one that makes you cognizant of your terrible sleeping patterns by getting up close and personal. It's not just an alarm app (though it's that too). You place it by your head as you sleep and it measures how much time you're spending in the REM stage — the most replenishing part of your sleep. The app can't yet get that questionable band that lives above you to quiet down at 3 a.m. on a Monday, but maybe that's in a coming update.

APP APPEAL
MATT PRIGGE
matt.prigge@metro.us

Mobile. Apple tumbles as much as 6 percent in unusual trading

The tech giant suffered an unexpected loss at the stock market.
GETTY IMAGES

Apple Inc. shares dropped shortly after the start of trading on Monday, briefly suffering their largest price drop in at least three months on an unusual spike in volume.

Selling accelerated just before 9:51 a.m. EST, with more than 6.7 million shares trading in a one-minute stretch, the heaviest minute of trading in Apple since Oct. 29, according to Thomson Reuters data.

The stock lost over 3 percent in that minute, falling as much as 6.4 percent to $111.27. At mid-afternoon, it was down 3 percent to $115.45.

Steve Hammer, a trading educator and founder of HFT Alert in Santa Barbara, California, which monitors algorithmic trading, says about 300 different stocks showed elevated price traffic beginning about 9:50 a.m. EST, a sign of institutions putting on sell programs.

At the day's low, Apple lost more than $40 billion in market value.

The recent ructions in the oil market were also cited as a potential catalyst for the selling in Apple. Traders said the need to free liquidity as oil and energy shares fell could have had an effect on other markets. REUTERS

Selfie addicts going beyond filters

Selfies are not necessarily an accurate picture of your actual face. / DIGITAL VISION

Best face forward.

Plastic surgeons see rising demand for facial surgeries.

Dental hygienist Jennifer Reynolds was always self-conscious about her looks, never took selfies and felt uncomfortable being tagged in photographs posted on social media.

The 34-year-old from Costa Rica who lives in New York opted for plastic surgery on her nose, and now feels ready for prime time on social media.

"I definitely feel more comfortable right now with my looks," Reynolds explains. "If I need to take a selfie, without a doubt, I would have no problem."

Reynolds is one of a growing number of people who have turned to plastic surgeons to enhance their image. Others are hiring specialized makeup artists in what is becoming an emerging selfie economy.

Plastic surgeons in the United States have seen a surge in demand for procedures ranging from eye-lid lifts to rhinoplasty (nose jobs), from patients seeking to improve their appearance in selfies.

A poll of 2,700 American Academy of Facial Plastic and Reconstructive Surgery members showed that one in three had seen an increase in requests for procedures from patients who say they are more aware of their image on social media. They noted a 10 percent rise in rhinoplasty in 2013 over 2012, a 7 percent jump in hair transplants and 6 percent increase in eyelid surgery.

"There has been a 25 percent increase over the past year and a half to two years. That is very significant," Dr. Sam Rizk, a plastic surgeon, says about his Manhattan practice.

"They come in with their iPhones and show me pictures," Rizk, 47, adds. "Selfies are just getting to be so crazy."

Rizk, who specializes in nose jobs, said not everyone who requests surgery needs it because several factors can conspire to produce a distorted image that does not represent how a person really looks.

"We all will have something wrong with us on a selfie image," he explained. "I refuse a significant proportion of patients with selfies because I believe it is not a real image of what they actually look like in person." REUTERS

By the numbers

10%

Increase in rhinoplasties from 2012 to 2013, according to a poll of Academy of Facial Plastic and Reconstructive Surgery members

7%

Increase in hair transplants during the same time

Quoted

"They come in with their iPhones and show me pictures. Selfies are just getting to be so crazy." Dr. Sam Rizk, plastic surgeon

Expert advice

How to look better in selfies

New York makeup artist Ramy Gafni, who has worked with clients on selfies and online dating profile photos, suggests using clean makeup, well-defined eyebrows and a bit color on the lips to produce the best selfies. "You want to enhance your features, perfect your features, but not necessarily change your features into something they are not," he said.

Dan Ackerman, a senior editor with CNET, which tests and reviews products, recommends interrupting your selfie regimen to use your cellphone for browsing the Internet, which is full of tips and advice on selfies. "There are apps that apply filters to your face that smooth out wrinkles ... or [apply] artificial makeup," he says. "There is a sub-economy of tools and advice that have built up around this."

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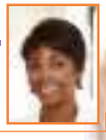

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Lighting up is on a downward trend

Public health. U.S. adults are smoking less than ever.

The smoking rate for adults has seen a massive drop since 2005, according to new data from the Centers for Disease Control.

New data published in the Morbidity and Mortality Weekly Report shows that among U.S. adults, the rate of smokers fell from 20.9 percent in 2005 to 17.8 percent in 2013. That's a nearly 15 percent drop and the lowest it's been since the CDC started keeping records in 1965.

The total number of cigarette smokers now stands at 42.1 million, down from 45.1 million in 2005. And while any amount of cutting back is good, quitting entirely yields the most benefits.

"Though smokers are smoking fewer cigarettes, cutting back by a few cigarettes a day rather than quitting completely does not produce significant health benefits," said Brian King, a senior scientific adviser with the CDC's Office on Smoking and Health, in a statement. "Smokers who quit before they're 40 years old can get back almost all of the 10 years of life expectancy smoking takes away."

Smoking reduces life expectancy by 10 years, but quitting can reverse the damage. / GETTY IMAGES

Cigarette smoking is the leading cause of preventable diseases in the United States and is blamed for more than 480,000 deaths each year. According to the CDC, for every person who dies this year, more than 30 Americans are struggling with a smoking-related health issue.

Beyond the human toll, smoking is estimated to cost the nation's economy more than $289 billion annually, including at least $133 billion in direct medical care for adults and more than $156 billion in lost productivity.

EVA KIS
@thisiskis
eva.kis@metro.us

Who's still smoking

Smoking remains popular among certain groups, according to the CDC:

- those below the poverty level
- those with less education
- mixed-race and Native American groups
- men
- residents of the South and Midwest
- the disabled
- the LGBTQ community

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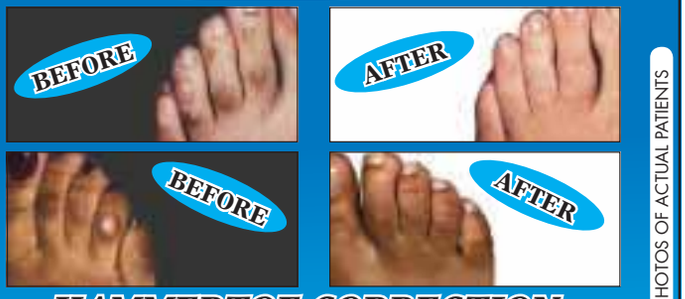

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Horoscope

♐ Sagittarius | Nov. 22-Dec. 21. A posting of a professional financial gain will not live up to expectations. Abide by the rules.

♑ Capricorn | Dec. 22-Jan. 20. Do something memorable for someone you think is special. Shake things up and make the alterations required.

♒ Aquarius | Jan. 21-Feb. 18. Consider gaining knowledge about something that interests you. If local schools don't offer what you need at a convenient time, enrolling in online education might be the better route.

♓ Pisces | Feb. 19-March 20. Prepare sufficiently for an interview. A geographic distance may not be as big an obstacle as you imagine.

♈ Aries | March 21-April 20. Don't let others take advantage of you. Deal with your own responsibilities first, and don't feel like you have to take on someone else's task without credit.

♉ Taurus | April 21-May 21. A healthier lifestyle can be yours if you tackle it like any other project. Decide where you want to be, outline the steps to get there and take action.

♊ Gemini | May 22-June 20. Wise budgeting will help relieve stress. If money matters are preying on your mind, talk about it.

♋ Cancer | June 21-July 22. Be patient when helping elderly relatives. Health issues and changing times are challenging. Romance is looking good.

♌ Leo | July 23-Aug. 22. Don't invest your hard-earned cash in someone else's future. Instant returns seldom occur as promised. Personal change will be possible with the support of a trusted ally.

♍ Virgo | Aug. 23-Sept. 22. Unexpected visitors or interruptions will throw your schedule off course. Don't worry about sticking to your timetable.

♎ Libra | Sept. 23-Oct. 22. Alterations to your appearance will bring renewed interest from a former partner. Be firm with anyone trying to dictate.

♏ Scorpio | Oct. 23-Nov. 21. You might not be able to see the obvious solution. Step back from a dilemma until you gain clarity. Impulsive action will lead to a mistake. EUGENIA LAST

Sudoku: Easy and hard

		7				2	1	
		3	4	1				
			7			4	6	
7	5		3		9			6
	9						8	
6			8		7		4	9
	2	4			5			
				8	4	9		
	1	9				6		

	5		7					1
	8			6		3		4
3		7			9			
1					7		3	
	7		9	4	3		6	
	9		2					7
			3			2		8
7		1		2			5	
8					4		1	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Immigrants needed and welcome

Re: 'Immigrants not competing' (Metro, Dec. 1) Letter writer Pasquale G. Tito is right about the differences between legal and illegal immigrants. May I add a few comments: If illegal immigrants are so important to our economy that we need them to provide cheap labor, they should be allowed to come here without the expense and deadly risk of "coyotes." They should not be hounded by the "migre" and be allowed to rent apartments legally and open bank accounts so they may send their earnings back home to their families.
ARYE BARKAI, VIA EMAIL

Don't hoard Metro love

This morning coming down the street, I waited my turn as a man opened the Metro receptacle to take a hugh amount of papers. I stared at him, mouth open, and asked, why so much? He said, "I left some." I opened the lid to find one remaining and said, "Why are you taking so many?" He said, "I take them to my job." He then proceeded to open the other receptacle and empty that one and walk down the street. To the man: Was that fair to the people that come after me to find an empty bin?
LENORE M., VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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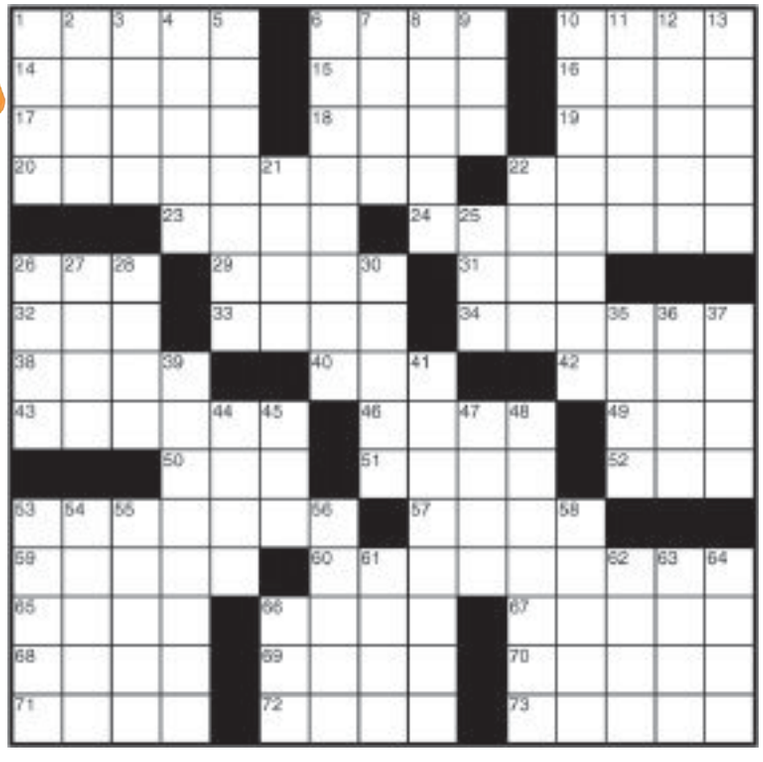
Crossword

Across
1 Flood
6 Informed (2 wds.)
10 Tackle a bone
14 Erie neighbor
15 Agreeable
16 Canning tomato
17 Separated
18 Carryall
19 Livy contemporary
20 Suit material
22 Glove leather
23 Mark, as words
24 Pagodas
26 TD passers
29 "Get real!" (2 wds.)
31 Oaters' Lash La —
32 Home page addr.
33 Wedding-cake part
34 Thought the same
38 Promises to pay
40 Johnny —
42 Influence
43 Adjusts slightly
46 Joule fractions
49 Prior to
50 Food cooker
51 Kind of citizenship
52 Med. personnel
53 Puffed up
57 Rail connectors
59 Valentino role
60 Caddy contents (2 wds.)
65 Fox's prey
66 Hollow
67 Famed fountain
68 Eyebrow shapes
69 Racetrack
70 — on (incited)
71 Postpone action
72 Counting-out start
73 "The Wreck of the Mary —"

Down
1 Thick carpeting
2 Insect stage
3 OPEC rep, maybe
4 Rabbi's recital
5 Beseech
6 More cluttered
7 Subatomic particle
8 Two quartets
9 Bridal notice word
10 Sea basses
11 Highly original
12 Nitrogen compound
13 Fords a river
21 Ricky Ricardo
22 Gloating
25 Period
26 Cut it out
27 It may be knitted
28 Veer off-course
30 Turned loose
35 Pitcher in a basin
36 Accrue interest
37 Batik need
39 Most mawkish
41 Callously
44 Dingbat
45 Good name for a cook?
47 Devers of track
48 Rained ice
53 "Humbug!"
54 Maureen of the screen
55 Polite word in Grenoble
56 Comic-strip Canyon
58 Snorkel, to Beetle
61 Joie de vivre
62 First-magnitude star
63 Anon's partner
64 Half a beef
66 Woodland creature

Yesterday's answer



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Jets veteran says team has 'packed it in'

NFL. A Jets player told Metro that the team wanted to stick with Vick over returning to Geno.

The first step in the rebuilding of Geno Smith's Jets career was nothing short of a step backward this past Monday night against Miami, showing why Smith will likely not be the team's answer at the quarterback position beyond this year.

In the 16-13 home loss, Smith attempted just 13 passes, five of which came on the game's final drive in a comeback attempt.

The move away from veteran quarterback Michael Vick, who started three games after Smith was benched in Week 8, was met with disappointment by veterans in the Jets locker room. Going back to Smith after the relative success under Vick, signaled to many where the Jets are heading down the stretch.

"We've packed it in, waved the white flag, whatever you want to call it," one Jets player told Metro by phone on Tuesday afternoon. "It wasn't a good sign, not at all. They gave [Geno] how many chances over the past year? He does badly, gets benched and starts the next week. Mike has one bad game in three starts and he's put down for the rest of the year. Doesn't make sense.

"We could still get some wins this year. Look at [Monday] night. We didn't move the ball at all in the second half. At all. If we actually throw it, maybe we win this thing. At the very least, we change field position a bit. But they've given up on this season and us."

It's a damning indictment from a locker room that the player described as "shocked and surprised" when it was announced that the team was going back to Smith.

Smith was picked in the second round of the 2013 NFL draft and instantly, before a snap at rookie minicamp, was part of a quarterback competition. It was clear that the new management in place wanted to force Mark Sanchez, a symbol of the old regime, out.

The locker room believes in Smith, just maybe not right now. The player who spoke to Metro on Tuesday is a veteran and well-established in the league.

He said that "Geno can grow and be good but right now, his confidence isn't there. You can tell that. He needs to sit and learn. You can't force that on him. We want to win right now, the fans want to win. But it feels like [management] has different ideas, like they want to blow this thing up."

KRISTIAN DYER
@KristianRDyer
sports@metro.us

Quoted

"They gave [Geno] how many chances over the past year? He does badly, gets benched and starts the next week. Mike has one bad game in three starts and he's put down for the rest of the year."

A Jets player, frustrated with the direction of the franchise

The Jets attempted the fewest passes of any team in a single game this season on Monday as Geno Smith threw just 13 times. / GETTY IMAGES

NFL power rankings | by Matt Burke

No. 1

Packers (9-3)

Are people seriously discussing J.J. Watt for MVP? His Texans are a perfectly average 6-6. Aaron Rodgers is 90 percent of the reason why the Packers own a sparkling 9-3 record and he cooled off the red-hot Pats this past Sunday.

No. 2

Patriots (9-3)

Picking nits here, but Tom Brady hasn't played at "Aaron Rodgers-level" since the Pats beat Denver a month ago. He threw for a mortal 245 yards against Green Bay.

No. 3

Broncos (9 -3)

While C.J. Anderson is probably just the Mountain Time version of Jonas Gray, it has been nice to see the Broncos establish the run these past two weeks.

No. 4

Eagles (9-3)

Could Nick Foles or Mark Sanchez pull a Joe Flacco come January? It's possible. But in this QB-centric league, the Eagles are a team without a superstar signal caller.

No. 5

Seahawks (8-4)

The Legion of Boom has allowed a grand total of six points the past two weeks. Suddenly, no one wants to mess with the defending champs again.

No. 6

Lions (8-4)

If only Matthew Stafford could play at Ford Field every game. Stafford had a 116.0 QB rating vs. the Bears on Turkey Day. The Lions have a soft schedule down the stretch.

No. 7

Cardinals (9-3)

Interesting figures: The current top five teams in the league, by record (Cardinals, Broncos, Packers, Patriots, Eagles), are all 6-0 at home and 3-3 on the road.

No. 8

Bengals (8-3-1)

It sure seems as though the Bengals have lost more than three games this season, doesn't it? Truth is, Cincy hasn't played a surefire playoff team since Indy in Week 7.

No. 9

Colts (8-4)

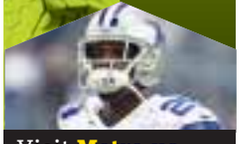
The Colts' 49-27 blowout over the Redskins won't do anything to wash away their current "bully" stigma, but you can only play the teams on your schedule.

3 SPORTS

Cool corner

Yankees 'cool off' talks with Headley

The Yankees seem to be in a state of flux this offseason, and have, according to ESPN's Wallace Matthews, "cooled off" their talks to re-sign third baseman Chase Headley. Though it was generally expected New York would make a strong push to re-sign him, the report says the Yanks are unwilling to offer more than a four-year contract. AL East rivals the Red Sox recently inked their new third baseman, Pablo Sandoval, to a five-year pact. If the Yankees can't reach terms with Headley, they could explore using Martin Prado at third.



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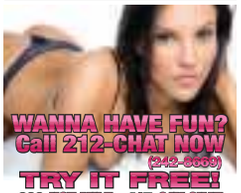

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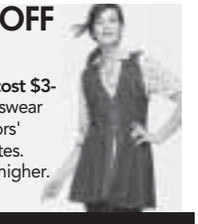

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